



Skin care in Ayurveda – a review

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ABSTRACT:

The concept of skin care is as ancient as mankind and civilization. Beauty of person gives perceptual experience of pleasure or satisfaction. *Ayurveda* never isolate the involvement of mental and spiritual well being from the concept of beauty. *Ayurveda* believe that toxic materials inside our body are responsible for skin disease and *Shodhana* (Purification) is the best therapeutic intervention to eliminate body toxins. Present scenario in context of beauty has been totally changed in every aspect. people are getting just beauty conscious but not at all health conscious. They need to know that a person's beauty actually means beauty & health of the skin which is the largest organ of our body both in terms of weight & surface area. It is the skin that protects our body from the germs, bacteria & all other things spreading all around us. Due to change in lifestyle & less availability of time, people are getting habitual of these easy & less time consuming beautification procedures which in turn is harmful for skin

.so it is better to prefer herbal skincare which is not only nourishes the skin but also helpful in various skin disorders like eczema and psoriasis. *Ayurvedic* literature describes over 200 herbs, number of minerals and fats to maintain and enhance the health and beauty of the skin. Today there is once again a revival of preference for natural products, and in recent years there has been a great upsurge in the study of Indian herbs *Ayurvedic* literature describes over 200 herbs, number of minerals and fats to maintain and enhance the health and beauty of the skin. Today there is once again a revival of preference for natural products, and in recent years there has been a great upsurge in the study of Indian herbs^[1] *Ayurveda* mentions various herbs and procedures for skin care which is much more economical, safe, easy to use in present situation.

Keywords: Skincare, Beauty, Ayurveda.

INTRODUCTION:

Beauty is the desire of every individual to give pleasure to the sense. Beauty is not only a source of joy but gives confidence and proud in some extent. Indians skillfully use vegetables, fruit, spices, herbals, precious stones, metals, minerals and this let them create unique products which are magic for skin care. Combined with *Ayurvedic* massages and cleansing procedures these treatments lead our body and skin to immediate and long-term rejuvenation.^[1] Skin is the index of our body. Healthy skin represents healthy body. Any kind of skin problem indicates disturbance in some part of our body which need to diagnose properly to remove its root cause.

According to *Ayurveda*, human body functions through various channel systems called “*Srotamsi*”, containing both microscopic and macroscopic structures such as the respiratory system, lymphatic/circulatory system, reproductive system and nervous systems, among others. These channels function as innumerable psycho-biological processes such as enzyme production, neuro-transmitter secretion, hormonal balance, respiratory capacity and digestive assimilation/ elimination, immune power etc and responsible for wellness and beauty. These act rhythmically and in concern with one another to perform complex decision-making regarding the supply of nutrients, filtration of toxins, excretion of wastes and much more. If these waste materials are insufficiently metabolized, toxins or incompletely processed foods and experiences can become deposited in weak areas of the body. If unaddressed, these can become a disease.

According to *Ayurveda*, a disease that tears or pulls out and destroy the beauty of the body and any type of skin disease is called “*Kushtha*”.^[2] Weak zones occur in the body due genetic factors or more commonly, lifestyle factors, such as unhealthy food choices, stress or environmental influences. These toxins or unprocessed metabolic deposits can cloud the normal psycho-biological cellular intelligence and loss body luster and beauty. *Ayurvedic* remedies are both preventive for healthy people to maintain and improve excellent cellular function, and curative for those experiencing disease.^[3] One of the major benefits is that biologically active ingredients are easily absorbed into the deeper layers of skin and influence it at the cellular level. These organic ingredients are based on the same biological principles as the human body. This is the reason why the human body responds extremely well to natural substances, while it has an inbuilt resistance.

Major causes of skin diseases.

According to basic texts, indulgence in incompatible foods and drinks, intake of too much liquids, fatty foods, and heavy diet, suppression of the emesis and other natural urges, doing too much of physical exercise and exposure to extreme heat after taking heavy meals, and irregular indulgence in cold or hot foods may initiate the etiopathogenesis of *Kushtha*. In addition, *Acharya Sushruta* has mentioned that *kushtha* is a type of communicable disease^[4]

Change in lifestyle

It is the root cause behind any of our problem. Poor and hybrid dietary habits, disturbed sleeping patterns cause disturbance in body functioning because body follows its natural procedure. So, this creates digestion problem, & many other problems, and skin disease is on the top of that list.

Decreasing body's Nutritional level

Due to poor diet, body suffers from nutritional loss. Lack of various essential nutrients like Vitamin A, B1, D, E weakens various major body parts like liver, heart & brain. Even absence of required amount of fat in the body causes dryness of skin which further generates many other skin problems.

Poor quality blood

Unhealthy lifestyle disturbs gastric functions inside the body due to which acid & toxin level start increasing in our blood & makes it acidic & impure.

Disease attack

Disturbed lifestyle & dietary habits leads to various major dis-eases to our body like obesity, hypertension, diabetes, arthritis, piles, asthma which affects the whole body system. Skin is also a body part & even a major part. So, how it left untouched from diseases.

Hormonal problems

Our poor lifestyle, increased stress & anxiety majorly affect body hormones both in males

& females which in turn leads to various gynaecological diseases like PCOD & menstrual problems in women & testicular disorders in males. These problems adversely affect our skin. Various infections & skin related diseases occur for which people go to skin specialist instead of curing those gynaecological disorders. This way not just your skin remained affected but also your gynaecological problems remained uncured.

Age effect

Now days, pace of aging has become fast. Technology has reached a level that people have forget that body is a natural thing and will follow the nature's rule of age. During teenage, our sex hormones become very active which leads to increased oil secretion from the body that causes pimples and acnes. As we reached the age of 40's, activeness of these sex hormones becomes slower due to which dryness increases in the body. From that time, our skin starts getting wrinkles, patches & many other disorders. At that time, we must not immediately rush to skin specialist or chemical prone medication as it adversely affects our skin. It is the natural procedure. We can't avoid it but we can lower down its pace by improving our lifestyle & dietary habits or use good herbs to maintain the internal strength of the body.

Excessive beautification

Skin a thing which is most secure when left least untouched. It also need nourishment, massage but we have start using chemical prone beauty products which gives an instant

shine to the skin but adversely affect it in long run. These products contain bleaching agents, Amino acid type harmful & strong chemicals which is to-tally against the softness of our skin.

Due to all the above problems, people face various skin problems for which people start using tropical treatments like most commonly people visit skin specialists who suggest heavy antibiotic, anti-allergic & anti-inflammatory. But in reality, they are not at all required as they just overburdened the Liver & directly affect its functioning and health which in turn leads to many other serious problems. Our natural skin requires herbal nourishment & treatment which is very light & has no side effects

Steps Need to be Taken for Healthy Skin

- a. First and foremost requirement is to improve your lifestyle which is the root cause of every problem. Timely sleep & diet will automatically cure various problems like stress, anxiety, early aging & most importantly gynaecological issues. *Dincharya* is mentioned in ayurvedic text for maintenance of good health.^[5]
- b. Unwanted or excessive use of market available beauty products must be reduced to its lowest level as they steal natural smoothness, shine & health of the skin .
- c. Our body is a natural creation & herbal, so herbal treatment is best suited to its requirement which tries to find the root cause of the problem & then tear that root to give your skin everlasting effective treatment.

- d. Nutritional level must be maintained of the body with the help of intake of nuts, sunlight & various good herbs like *Manjishtha* , *methi* which are easily available at home & very useful for the skin.
- e. Natural treatments must be given priority for beautification procedures like one can prepare purely herbal face pack at home by using various good herbs including some lentils like horse gram & masoor. Skin massage can be done at regular intervals with good herbal oils like coconut oil, milk cream.

What Solution Ayurveda Provides for Skin Problems

- a. As we already discussed that skin is the index of body & any skin problem has its link to a problem inside our body only. So, best & everlasting treatment for any problem is to diagnose it rightly so that root cause can be found out. If the root cause will get solved, the skin related issues will resolve automatically .
- b. *Ayurveda* has its best solution in case of any kind of gynaecological problems or disorders which affect our skin. *Ayurveda* uses various time tested medicinal herbs to treat the affected areas as well as to provide strength to it for its proper functioning. This will result in smooth functioning of the body which ends in healthy skin. We must know that healthy skin survives in a healthy body only.

- c. *Ayurveda* provides some herbs which acts as nutritional supplement for the skin. These herbs makes the skin hydrated, provides essential nutrients & strength to the body cells which includes face cells also and removes the dead cells or skin which creates infection or other problems to the skin.

There are references of ten drug as *Varnya* (complexion promoting)- in *Sutrasthan* viz. *Chandana* (*Santalum album*), *Punnaga* (*Calophyllum inophyllum*), *Padmaka* (*Prunus cerasoides*), *Useer* (*Vetiveria zizanioides*), *Madhuka* (*Glycyrrhiza glabra*), *Manjistha* (*Rubia cordifolia*), *Sariva* (*Hamidesmus indicus*), *Sita* (white variety of *Cynodon dactylon*).^[6]

In *Sushrut samhita Kshudra roga chikitsa* (treatment of minor disease) many of the skin care treatments are documented^[7].

Arunsika (Eczema of face and scalp)- Blood should be let out and the lesion are washed with decoction of *Nimba* (*Azadirachta indica*) then applied paste of *Hartal*(*Orpiment*), *Haldi* (*Curcuma longa*), *Patola patra* (*Trichosanthes dioica leaves*), paste of *Mulethi* (*Glycyrrhiza glabra*), *Erand* (*Ricinus communis*) and *Bhringaraj* (*Eclipta alba*) paste.

Vyanga (black spot), *Nilika* (Naevus) - puncturing of the vein is done in the forehead and rubbed roughly with *Samudra Phena* (*Cuttle fish bone*) and applied the paste of bark of *kshira-vriksha* (plant containing sap) or paste of

Bala (*Sida cordifolia*), *Atibala* (*Abutilon indicum*) *Yastimadhu* (*Glycyrrhiza glabra*), *Haldi* (*Curcuma longa*) or of *Arkpuspi* (*Holostemma rheedie*), *Aguru*(*Aquilariaagallocha*),and *Gairika*(*Haematite*).

Yauvana Pidika (pimples/acne)- Applying the Paste of *Vacha*(*Acorus calamus*), *Lodhra* (*Symplocos racemosa*), *Sendha* (*Rock-salt*) and *Sarso* (*Brassica campestris*) or of paste of *Dhanyaka*(*Coriandrum sativum*), *Vacha*, *Lodhra* and *Kuth* (*Saussurea lappa*).

Padadari (***Rhagades***)- Vein puncture should be done after fomentation and anointing, paste of *Madhuchista* (*Bees wax*), *Vasa* (fat), powder of *Sarjika kshar* (sodium salts), *Yava kshar* (potassium salts) and *Gairika* (*Haematite*) added with *ghee* and applied to the feet.

In *Saragadhar Samhita* There are three kinds of *lepa* are mentioned viz. *dosaghna* (pacify the polluted humor), *visaghna* (pacify the poisonous substance) and *varnya* (cosmetic application for complexion)^[8].

Complexion promoting-

Raktachandana(*Pterocarpussantalinus*), *Manjistha* (*Rubia cordifolia*), *Lodhra* (*Symplocos racemosa*), *kustha*(*Saussurealappa*), *Priyangu* (*Callicarpamacrophylla*) and *Masura* (*Lense culinaris*) have complexion promoting properties.

YauvanaPidika

(Pimples/acne)- Ripened leaves of *Vata* (*F. bengalensis*), *Malati*, *Rakta chandan* (*Pterocarpus santalinus*), *Kustha* (*Saussurea lappa*), *kaliyaka* (*Coscinium fenestratum*) and *Lodhra* (*Symplocos racemosa*) are made into paste and applied externally to remove pimples, black spot and patches on the face.

Arumsika- A paste of bark of *Khadira* (*Acacia catechu*), *Aristha* (*Sapindus trifoliatus*), *Jambu* (*Syzygium cumini*), *Kutaj* (*Holarrhena antidysentrica*) and *Saindhav* (rock salt) processed in cow's urine which cures arumsika.

List of Ayurvedic medicinal plants commonly used for skin care:

A. Medicinal Plants used as Moisturizers, Skin Tonics & Anti-Aging

1. *Aloe vera*- Moisturizer, Sunscreen & Emollient
2. *Cichorium intybus*-Skin blemishes
3. *Curcuma longa*-Antiseptic, Antibacterial, Improves complexion
4. *Glycyrrhiza glabra*- Skin whitening
5. *Ocimum sanctum* - Anti-aging, Antibacterial & Antiseptic
6. *Rubia cordifolia*- Wound healing & Anti-aging

B. Sun Screen:

- *Aloevera*- Moisturizer,
- *Suticum sativum* -Antioxidant

C. Sun Tan:

1. *Cyperus rotundus*- Sun tanning

2. *Moringa oliefera*- Sun tanning

D. Astringent

1. *Mesuaferrea*- Strong Astringent
2. *Terminalia chebula* - Astringent, Anti-bacterial, Antifungal & Antiseptic.

E. Dermatological Applications

1. *Allium sativum*- Antifungal, Antiseptic, Tonic
2. *Azadirachta indica*- Potent Antibacterial
3. *Nigella sativa*- Antibacterial, Leucoderma

Conclusion and discussion:

Health is one of the prime objective of *Ayurveda*. In which routine care of skin is the way to maintain skin healthy and enhance the beauty of skin.

In modern day various lotions, cream, powders are used for cleansing, toning and moisturising, sun protection, but with short term good effect they leave long term side effects in turn harming the skin, so it's the dire need in present times to use naturally prepared formulations of *Ayurveda* for maintaining good care of skin.

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